The Impact of Sigmund Freud on the poetry of T. S. Eliot, W.B. Yeats and W.H. Auden

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ABSTRACT

*The topic sentence may seem either puzzling or bemusing at the first sight, because Sigmund Freud, a psychoanalyst and the modern English poets. T.S. Eliot, W.B. Yeats and W.H. Auden find themselves as strange bed-fellows. In fact, it is an attempt to be innovative and interdisciplinary for scholars to find new paths for research activity. Literature is never averse to Psychology. Both the domains coalesce and corroborate each other.One can find excellent examples in literature to buttress this point. When Hamlet thinks of the world as a prison with many confines, wards and dungeons and Denmark being one of the worst, his friends Rosencrantz and Guildenstern do not think so. It is then Hamlet says: There **is nothing** either **good or bad**, but **thinking** makes it so. To me it is a prison. (Shakespeare's HamletAct II.sc.2.).Similarly,in Milton'sParadise Lost.Book I, Beelzebub, the Satan is not at all crippled by its defeat to the infernal world of Hell with all its horrors. He has a mind which must not be changed by place or time. So he proclaims: The mind is its own place, and in itself can make a Heaven of Hell, a Hell of heaven (254 - 255). In the backdrop of the observations of Shakespeare and Milton, this article is an attempt to outline the Freudian impact on three illustrious poets of the twentieth century, namely T.S. Eliot, W.B. Yeats and W. H. Auden.*

Keywords:*Child sexuality, libidinal urge and the ego; the paranoia of sexual perversion and abnormality;the pleasure principle that dominates in sexual life;the bareness and the sterility of the modern civilization;predilection to sublimate sex and regard it a sacrament.*

Introduction:

While trying to understand the impact of Sigmund Freud on 20th century English literature, we can encapsulate that he was a psychoanalyst who unpacks and unfolds the unconscious conflicts based on the reveries, dreams and fantasies of the patient. His theories on child sexuality, libidinal urge and the ego are some of the most influential academic concepts. Freud also makes the point that people who are behaviourly abnormal are always sexually abnormal, but many people who are normal behaviourly are otherwise sexually abnormal also (1).

He also concluded that a disposition to perversions is an original and universal disposition of the human sexual instinct which does not serve the purposes of reproduction at all, but has its aim, the gaining of particular kinds of pleasure. The forces that can be employed for cultural activities are thus to a great extent obtained through the suppression of what are known as the perverse elements of sexual excitation(2).

In the backdrop of these Freudian concepts, it must be admitted that the major poets of the twentieth century like T.S. Eliot, W.B. Yeats and W.H. Auden acknowledge the supremacy

of the sex instinct but their predilection is to sublimate or overcome it.

Freudian Impact on T. S. Eliot:

In '***The Waste Land'(1922),*** the greatest poem of the twentieth century, Eliot blames sex, or rather its degradation and commercialization, as both the cause and the symptom of the decay of Western civilization. The poem is at once a profoundly moving and an equally distressing. In a word, T.S. Eliothad tried to paint the sterility and the disturbance of the modern world after the First World War. The people were disillusioned in all domains. There was a total pell-mell, spiritual vacuum, loss of faith and moral values, commercialization of life, and the paranoia of sexual perversion and abnormality as postulated by Sigmund Freud.

I will show you fear in the handful of dust
(Fresh blows the wind
To the homeland My Irish child
Where do you wait? (3) (30- 34)
He also gives another example of guilty love, the story of the hyacinth girl You gave me hyacinths first a year ago;
They called me the hyacinth girl"

Like the love of Tristan, the love of this young man is also a guilty, as he makes love to the girl secretly in the garden. This sort of love is not free from fear and anxiety. The feeling of the lover is summed up in the line "I was

At one time sex was considered sacramental, a consummation of conjugal love and means of human development. But unfortunately in modern time, sex has become an animal urge with no moral or social commitment. It is perverted and is utilized for erotic pleasure and monetary benefits. It has therefore, become a source of degeneration and disease. It has also led to the erosion of moral values and has turned to be a hurdle in man's spiritual progress. Easy sexual relationship is found among all sections of society both high and low. In the first section of the poem, '***The Burial of the Dead'***Eliot gives two examples of guilty love and the pain of satisfied love outside the marriage.The poet refers to the story of Tristan who had a guilty passion for Isolde in Wagner's opera Tristan and Isolde

Yet when we came back, late from Hyacinth garden, Your arms fell, and your hair wet, I could not
Speak and my eyes failed, I was neither Living nor dead, and I knew nothing.
Looking into the heart of light, silence Od und leer Das Meer
(Desolate and empty is the sea) (35-41)

neither living nor dead and I knew nothing".So love offers neither joy nor relaxation under the condition of modern life.

"Od und leer Das Meer"

'Empty and desolate is the sea.'The poet means that their love is guilty as it is outside marriage. S u c h gu i l t y l ove doe s n ot giv e a s e ns e of satisfaction.

Sex in high and low society:

The following quotation in the second section of the poem, '*The game of Chess'*refers to the sexual triviality in high class society.

And we shall play a game of chess

Pressing lidless eyes and waiting for the knock

upon at the door. (136-138)

Eliot quotes these lines with reference to Middleton's play 'Women Beware Women'. The game of chess is played with the mother-in-law in order to distract her attention and to enable a lustful duke to seduce her daughter-in-law. The knock upon the door will be a signal that the love affair should be brought to an end. The moral of the section is that the foundation of healthy society rests on a disciplined sexual relationship. When sex is free from restriction or control, it leads to perversion and creates a sense of frustration and failure in married life.

The perversion of sex prevails among the lower classes of society. Eliot mentions the story of Lil and the sexual violation of three daughters of Thames. Lil is no longer attractive and now she is ugly. Even the cockney lady who talks to her in a pub at closing time (Hurry up please, It's time),

comments on Lil's appearance:You ought to be ashamed, I said, to look so antique (And her only thirty one) (156- 157)

Lil replies that it was because of abortion bills that she took to get rid of pregnancy. The lady asked Lil why then she married, if she did not want children. Marriage and children go together.

What do you get married for, if you don't want children? (164)

The quotation throws light on the tragedy of Lil who has lost her health and yet is unable to keep her husband around. It reveals perversion of married life where child bearing has to be controlled and at the same time the wife should appear attractive to prevent her husband from mixing with other women.

Sex in London:

The essence of this section of the poem '*The fire Sermon'* is lust that burns up life. According to Lord Buddha's sermon, one can conquer lust by suffering and pain by passing through fire. But this is opposed to the modern idea that sex should be enjoyed without any regulation.

And their friends, loitering heirs of city directors;

Departed, have left no addresses. (180 – 181)

After a wild party, rich businessmen left no address to their sex partners. For them sex is the same as any other commodity. It could be bought and enjoyed without any sense of morality. The poet calls London, unreal city like Baudelaire called

Paris, because unbelievable things happen in that city. Rape, lust, molestation and cheating prevail without any hindrance.

Unreal city

Under the brown fog of a winter noon
Mr.Eugenides, the Smyrna merchant Unshaven,
with a pocket full of currants C.i.f.London:
documents at sight, Asked me in demotic French
To luncheon at the Cannon Street Hotel
Followed by a week-end at the Metropole (207 – 214)

Mr.Eugenides, a merchant from Turkey, though ugly and unshaven, invites the narrator to luncheon at a hotel and to join him for a week-end excursion to Brighton for homosexual relationship. Eliot goes on to give us another instance of mechanical sex relation of a typist girl with the young carbuncular man. She is bored and tired. But the young man like Tereus is full of lust. He sleeps with her and then makes off, leaving her alone to think to herself. 'Well now that's done; I am glad it's over.' The female typist is quite indifferent to his game of lust. She has gone through mechanical sex without any sense of regret. She does not even realize that her lover has departed.She turns and looks a moment in the glass, Hardly aware of her departed lover; (249 – 250)

The essence of this scene refers to the seduced girl in Goldsmith's 'The Vicar of Wakefield' who is full of shame and repentance. In the past, the loss of chastity was considered worse than death for a girl. But in the modern age, it is a mechanical routine as done by the typist girl.

The last scene of the '*Fire Sermon*' shows some sexual violation experienced by three daughters of Thames. The first daughter was born at Highbury which is full of trams and dusty trees. She visited Richmond Kew, which are picnic spots on the bank of the river Thames. At Richmond she was criminally assaulted by a man while she was lying on her back on the floor of a small boat.

Trams and dusty trees.

Highbury bore me. Richmond and Kew Undid me.
By Richmond I raised my knees
Supine on the floor of a narrow canoe (292 -295)

The second daughter was ravished at Moorgate.
My feet are at Moorgate, and my heart

Under my feet. After the event

He wept. He promised 'a new start'.

I made no comment. What should I resent? (Lines: 296 – 299)

After the act, he felt repentant and wept. He promised to reform himself. For the girl, there is nothing to regret because rape is a common experience of the poor girl's life.

The third girl was raped on Margate Sands. I cannot connect
Nothing to nothing.

The broken finger-nails of dirty hands. My people humble people who expect Nothing (300 – 305)

The poor girl does not remember anything. She compares herself to the broken fingernails of dirty hands which are useless. Poor people could not do anything against such violation. They just accept it as a common experience of life.

Thus Eliot affirms that the bareness and the sterility of the modern civilization are caused by various factors, but firmly believes as an impact of Freudian ideas that sexual deviation gives significant contribution to the problem. Sex has been perverted and is utilized merely to gratify human lust. Sex is also traded for commercial purpose. Eliot sums up story of European lust through the words of St. Augustine:

To Carthage then I came Burning

burningburningburning O Lord Thou pluckest me out

O Lord Thou pluckest Burning (307 – 310)

This is a reference to Augustine's Confessions and Buddha's fire sermon describing the dangers of the youthful lust prevailing everywhere and how the whole of Europe is being destroyed by the hellish fire of sexuality.

Freudian Impact on W.B. Yeats:

For Yeats, the connection between sexuality and mortality lies deeper than their significance in his poetry. In both, the relationship is characterized simultaneously by attraction and repulsion. The disgust that Yeats felt about his bodily decomposition in old age was similarly endured in youth in reference to his budding sexuality. In **'*Sailing to Byzantium*,'** it becomes clear that this discomfort with sexuality is reflected in the poem. In the land of sexually charged youth, it is not suitablefor old people to live there. An aged man is a paltry thing, / A tattered coat upon a stick, because life over there is all physical and sensual.He longs to exist in a place of wisdom, devoid of sex, where he may once again feel at ease.

The opening stanza reveals that the young people enjoy the pleasures of love. Birds, fish and all other creatures lead an animal, physical life which is spent in procreation. All kinds of creatures are born, they indulge in sex, and they procreate and in due course die. They do not lead intellectual and artistic existence.

That is no country for old man. The young In one another's arms, birds in the trees These dying generations – at their song.

The salmon-falls, the mackerel-crowded seas, Fish, flesh, or fowl, commend all summer long

Whatever is begotten, born, and dies

Caught in the sensual music all neglect Monuments of unaging intellect.

The poet longs to exist in a place of wisdom, devoid of sex, where he may once again feel at

ease and devote his mind to things of beauty which

Freudian Impact on W.H. Auden:

The most important of Freud's theories for Auden was the theory of two primary instincts, love and death, which both struggle with and reinforce one another.In '*Beyond the Pleasure Principle',* Freud had concluded that because it seeks quiescence, the dissipation of libidinal tension, the pleasure principle that dominates in sexual life ultimately serves the death drive. The similarity and proximity of love and death, one of the great topoi of Western literature, surface throughout Auden's 'Love has no ending, and I will love you,dear Until China and Africa meet'

Until the river jumps over the mountain And the salmon sing throughout the streets.

I will love you until the ocean Is folded and hung up to dry, Until the seven stars cry out Like geese in the sky.

The years run around like rabbits,

And in my arms I hold 'The Flower of the Ages,'

And the first love of the world.

The elegiac poem **'*In Memory of Sigmund Freud*,'**written by W. H. Auden speaks abundantlyof the influence and impact of Freudian theory with his poetry. In his elegy he links Feud with Dante:

… he went his way

down among the lost people like Dante, down to

is a joy for ever in Byzantium.

work.In the poem **'*In September 1, 1939',***the concluding lines are very significant:

May I, composed like them Of Eros and of dust,

Beleaguered by the same Negation and despair,

Show an affirming flame.

In the early ballad **'*As I Walked out One Evening*,'**the speaker walks out one evening along Bristol Street. He sees crowds upon the pavement like fields of wheat. Walking by the river he hears a lover sing:

But the clocks warn the infatuated lover, 'Time watches from the shadow

And coughs when you would kiss'.

Similar in this regard is Auden's '*Lullaby*' (1937) which begins jarringly 'Lay your sleeping head, my love,

Human on my faithless arm…'

Faithlessness reminds us of the mortality that has resulted from original sin.

the stinking fosse where the injured

lead the ugly life of the rejected …

This conception of the poet's task as one of recovering the past through a descent to a nocturnal underworld also echoes the end of Auden's Yeats elegy, in which he commands, 'Follow, poet, follow right / To the bottom of the night'-- and again (more faintly) Yeats's own "Circus Animals'

Desertion," in which the move from abstract forms to real suffering is also represented as a descent: 'I must lie down where all the ladders start / In the foul rag and bone shop of the heart.' And the comparison of repressed wishes to the shades of the underworld is particularly appropriate in an elegy on Freud, who used the very same analogy in *The Interpretation of Dreams,* writing that repressed wishes 'are not dead in our sense of the word but only like the shades in the Odyssey, which awoke to some sort of life as soon as they had tasted blood.' (4)

Conclusion:

Under the impact of Freud, sexuality which had been a taboo topic, came to the force with all its neurotic and deviant components. The Victorians had treated the beast of sex with a hush- hush incommodiousness. Now the beast is very much "in." So far as English poetry is concerned, the impact of Freud is discernible only here and there. The major poets of the twentieth century, T.S. Eliot and W.B. Yeats and W.H. Auden also acknowledge the supremacy of the sex instinct but their predilection is to sublimate or overcome it. In *The Waste Land*- the greatest poem of the twentieth century- Eliot blames sex, or rather its degradation and commercialization, as both the cause and the symptom of the decay of Western civilization, wanting like the camel men of *The Journey of the Magi*, their liquor and women. All these modern 20th century poets have highlighted the ubiquitous, weird male psyche from childhood to adulthood and the abnormality of an enervated man as well as the sordidness of the perverted modern urban civilization. But there is still the silver lining in the sable cloud. 'This is the way the world ends/Not with a bang but a whimper'. (5)

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New Media in Contemporary Society

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ABSTRACT

These technological advances of the Internet and mobile phones have created a new global culture and seem to impact on people's perspectives. The Internet culture has dared to take on to unbeaten paths to initiate educational, cultural and psychological revolutions. Internet technology has raised the level of awareness to hitherto unknown levels. A cursory glance at the studies conducted across the globe compels one to take notice of the 'digital divide' that has come about in the society.

Cultural impact of Internet & mobile phone is considered for study because:

1.   They are the ultimate in social alienation, and indicative of a trend that threatens   to   erode our   sense   of   social   cohesion.
2.   Impact of new media on Indian culture is seemingly evident.

This study was confined to four districts in Karnataka (IT bowl of India). The sample consisted of 801 respondents. The Survey method was found to be appropriate   to   conduct   a   study   of   this   nature. The findings make interesting revelations. There is a significant relation between education and surfing Internet i.e. a vast majority of the respondents (89.9%) belonged to graduate and post-graduate categories. Chi-square analysis ($\chi2 = 42.20$; df: 4 p < 0.001) revealed that there is a significant relation among the respondents with reference to age and gender. There is no significant relation between gender and surfing Internet ($\chi2 = 0.35$; df: 1, NS; p >0.01).

The majority of the people do not surf Internet just to spend time, download music, seek information about movies, film stars and celebrities, watch pornographic films, play games, gamble nor just to chat. The 't' value is negative (t=-12.2607, t=-3.4273, t=-2.0139, t=-24.9099, t=-14.5926, t=-14.7339) in all the above cases.

New media have failed to penetrate deep enough to alter the social or cultural life of a person.

Key terms: *Society, Internet, Surfing, Browser, To chat, Social Networking,*

Introduction

Mass media which have proved to be the most successful channels of communication excelled in creating a common culture. The advent of TV, in particular promoted the isolation of human beings. Now, finally, there is a counter-trend. Howard Rheingold framed it beautifully, when he wrote

The Virtual Community, nearly 15 years ago: "Perhaps cyberspace is one of those informal public places, where people can rebuild the aspects of community that were lost when the malt shop became a mall. Theorists such as Louis Wirth and Talcott Parsons have emphasized the importance of

mass media as instruments of social control. In the 21st century, with the rise of the internet, the two-

The mass media constitute a powerful and pervading force in our lives. We are exposed daily to a bombardment of media messages. Most of the information we receive about our community, our state, the nation and the world comes to us through newspapers, magazines, television and radio.

The information and views communicated through these media have great impact on our attitudes toward people, events and problems. Mass media expose people to a flood of information almost narcotic sing reader, listener or viewer. Due to mass media the range and amount of information available to the people has vastly increased.[2]

Significance of the Study

The new generation is now being raised with widespread availability of Internet connectivity, with consequences on privacy, identity, and copyright concerns. These "Digital natives" or netizens face a whole set of concerns that was not present for earlier generations.

Karnataka is one of the more advanced states with Bangalore being the IT capital of the country. It is the right time to study whether people still are exposed to traditional mass media when they have

way relationship between mass media and public opinion is beginning to change.[1]

access to new media for more than a decade now.

REVIEW OF LITERATURE

In the mid 1990s one of the hot topics that dominated the sphere of discourse was regarding sociability and the Internet. On the one hand people argued that there was something innovative about the virtual communities whereas others were of the opinion that online social networking would adversely affect the real life relationships of people.[3]

Mass media are capable of creating various kinds of impact on mankind. They play a crucial role in the function and change of any society. A study of social change cannot be done without studying mass media. Therefore, in the present times when technology has brought about changes in the society, mass media studies have become important.[4]

RESEARCH METHODOLOGY

The study makes an effort to measure the exposure of the respondents to various media. The statistical techniques employed for data analysis are described.

Primary data was collected from students and people by the use of structured questionnaire method.

Sample Profile

consists of users of media like newspapers, Radio, magazines, TV and new media and excludes non users.

Specific Objectives

The sample (800) was selected on the basis simple random sampling technique. Since the study also pertains to Internet, it requires respondents who are the users of Internet as well. Therefore the sample The specific objectives are as follows:

1. To analyze the frequency of utilization of New media

2. To analyze the exposure to various media

Table-1: Showing frequency of media exposure by respondents:

Media	YES		NO		
	Frequency	Percent	Frequency	Percent	t-value
Newspaper	706	88.1	95	11.9	21'.58
Magazine	447	55.8	354	44.2	3.29
Radio	508	63.4	293	36.6	7.59
TV	708	88.4	93	11.6	21.73
Computer	472	58.9	329	41.1	5.05
Internet at Home	312	39.0	489	61.0	-6.05
Internet at Office	239	29.8	562	70.2	-11.41
Personal Mobile Phone	600	74.9	201	25.1	14.09

t=21.58, p<0.01   df: 799

From the table it can be deciphered the print media is still a more popular medium than the new media. The reasons could be newspapers are cheap, easily available, portable, anywhere and everywhere could be read, personal touch towards newspaper and people have been used to read newspaper since their childhood as against new media . It is interesting to note that TV as well as newspapers has the highest viewership and readership. A good percentage of people (75%) own mobile phone whereas only 39% of them have Internet connection at home.

Table- 2: **shows reading of newspapers by respondents of different age groups**

Age	Newspaper		Total
	Yes	**No**	
18-24	485	74	559
25-34	128	18	146
35-44	38	2	40
45-54	41	1	42
55 and Above	14	0	14
Total	706	95	801

$\chi^2 = 8.34$; NS; $p > 0.05$, df: 4

There is no significant relationship between age of the respondents and the newspaper reading ($\chi^2 = 8.34$; NS; $p > 0.05$ df: 4). It may be inferred that irrespective of age, people of all age groups read newspapers. Age is independent of newspaper reading.

Table-3: shows the reading of magazines by respondents of different age groups

Age	Magazine		Total
	Yes	**No**	
18-24	296	263	559
25-34	81	65	146
35-44	27	13	40
45-54	31	11	42
55 and Above	12	2	14
Total	447	354	801

$\chi^2 = 15$; NS; $p > 0.05$, df: 4

Magazines are read by everybody irrespective of age. But the type of magazines read may vary from one age group to another so also time spent on reading. The table also reveals that the

number of youth who read newspaper and those who don't is almost equal. But age is not the factor for reading or not reading magazine.

Table-4: **shows listening radio by respondents of different age groups**

Age	Radio		Total
	Yes	No	
18-24	367	192	559
25-34	74	72	146
35-44	28	12	40
45-54	27	15	42
55 and Above	12	2	14
Total	508	292	801

$\chi^2 = 15.76$; $p < 0.05$ df: 4

It may be inferred that listening to radio varies from one age group to another. Younger the age higher is the listening pattern. Radio appears to be more popular among the younger people than older ones. There is high listening in the age group of 18-35 years.

Table-5: shows watching TV by respondents of different age groups

Age	TV		Total
	Yes	No	
18-24	490	69	559
25-34	129	17	146
35-44	35	5	40
45-54	41	1	42
55 and Above	13	1	14
Total	708	93	801

$\chi^2 = 4.09$; NS; $p > 0.05$ df: 4,

Television is watched by everybody irrespective of age as it is an attractive audio visual medium unlike radio where youngsters listen more compared to adults.

Table-6 shows using of Computers by respondents of different age groups

Age	Computer		Total
	Yes	No	
18-24	307	252	559
25-34	95	51	146

35-44	26	14	40
45-54	32	10	42
55 and Above	12	2	14
Total	472	329	801

$\chi^2 = 15.92$; $p < 0.05$, df: 4

The reasons for the popularity of computers among the youngsters could be attributed to the fact that they are exposed to computers since their childhood days where as adults were not, as the computers set strong foot in India only after 1990s and the present adults most of them are computer illiterates and or not computer savvy.

Table-7: shows owning personal mobile phone by respondents age wise

Age	Personal Mobile Phone		Total
	Yes	**No**	
18-24	412	147	559
25-34	109	37	146
35-44	34	6	40
45-54	34	8	42
55 and Above	11	3	14
Total	600	201	801

$\chi^2 = 3.52$; NS; $p > 0.05$, df: 4

The data shows that mobile phones are owned by everybody irrespective of age. Though it is an assumed notion that youth are the maximum users of mobile phones the data indicates there is no relation between age and owning personal mobile phone.

ANALYSIS AND INTERPRETATION OF DATA

The analysis of data was done by using percentage analysis and graphical representation. The interpretation of data was done using chi-square and t- tests.

FINDINGS AND

RECOMMENDATIONS

This part deals with the summary of the findings of the research study.

Major Findings

The results of the study are summarized as following:

1.   The print media is still a more popular medium than the new media. There is no

significant relation between age and newspaper and magazine reading which means irrespective of age everybody reads newspapers and magazines with few exceptions.

2.   Television is watched by everyone irrespective of age unlike radio which is being listened to more by youngsters than adults.

3.   There is a correlation between age and listening to the radio, age and using computer, and age and surfing Internet both at home and office.

There is no relation between age and owning personal mobile phone.

Inferences and Implications of the Study

Media have many facets in our daily life. It affects our thoughts, feelings and emotions sometimes it affects our total behavior.

The study in general reveals that though internet has grown exponentially in India, surprisingly access to Internet among the respondents is very limited. While newspapers and television rule the roost, radio and magazine follow suit.

But computers are still a far cry. There is no significant relation between age and newspaper, magazine reading and television viewing. But there is a significant relation between age and exposure to computers.

New media (Internet and mobile phone) are considered to be the marvels of the twentieth century. It is an assumption that exposure to Internet is high among the younger generation. The data revealed that people have embraced computers as one among mass media in their day-to-day life.

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Psycho social status of women with blood cancer undergoing Chemotherapy – A Study

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Abstract

The present study reports the psychosocial status of women with blood cancer undergoing chemotherapy. A total of 60 blood cancer women patients aging between 35-65 years were randomly selected for the study from Bharat Cancer Care Hospital, Mysore. They were administered socio demographic and Hospital Anxiety Depression scale for the collection of data. Objective of the study is to learn the psychosocial status of the blood cancer patients and to assess the anxiety, depression and social status. Data were subjected to percentage and Pearson correlation (2 tailed).Results revealed that both depression and social status are interconnected and there is a significant correlation and even there is a positive correlation between anxiety and social status.

Key words: Women, Blood cancer, Anxiety, Depression and Social Status

Introduction

India urgently needs crusaders. A cancer specter haunts the nation. The iconic disease of our time comes without warning, attacks those who abuse their body and those who don't, those who have cancer in the family and those who don't. And the numbers are rising. Cancer is going up in India. When the former Prime Minister Dr. Manmohan Singh sent out the warning at two public lectures in the month of September, he gave voice to what countless doctors believe but don't publicly say. India has always felt good about its cancer statistics, compared to the West. Not anymore. Death rates are falling in the West, while "70 per cent of cancer deaths are reported in the developing world," as the PM said, with a fifth coming from India. Parts of the country have the world's highest cancer rates. But it's not just the numbers. New studies indicate alarming new patterns that foretell a coming cancer tsunami. Are we losing the war on cancer?

It's not a question with an easy answer: Hasn't Koirala fought her way back to recovery? Didn't we witness Yuvraj Singh, 32, powering back to cricket after beating back germ cell cancer? Hasn't actor Lisa Ray, 41, bounced back to a winning career after her aggressive bone marrow

myeloma? Didn't scientists just celebrate landmark cancer medicines like Gleevec, Herceptin and Avastin? Despite those happy milestones on the eve of World Cancer Day, February 4, hope seems to mask some very real issues that make this relentless enemy even harder to defeat. Cancer has doubled its grip over the world in the last 20 years and struck deep roots in India, from 800,000 lives in 2001 to 3.3 million now, says the World Health Organization (WHO). India is far from winning the war.

Danger Signs

- Cancer is now one of the top causes of death in India, after heart attack, up from seventh position in 2000.

- India has some of the world's highest incidences of cancer: Cervical, gall bladder, oral and pharynx, blood which are also the most common.

- 70 per cent lives are snuffed out in the first year in India, due to late detection.

- 80 per cent patients consult doctors at a stage when recovery is rare.

- 71 per cent of deaths occur in the productive age band of 30-69 in India; 50 per cent deaths are above 70 in US.

- 15 per cent patients are children and young adults in India, compared to the global average of 0.5 per cent.

- 50 per cent of cancers now caused by lifestyle choices, obesity to tobacco use.

Methodology

The study aims at understanding and analyzing the psychosocial problems of blood cancer patients undergoing chemotherapy. This study is concerned with women who are diagnosed with blood cancer and undergoing Chemotherapy aged between 35-65 years of Bharat Cancer Care Hospital, Mysuru. They were administered socio demographic and Hospital Anxiety Depression scale for the collection of data. Objective of the study is to learn the psychosocial status of the blood cancer patients and to assess the anxiety, depression and social status. The sample size of the study is 60 blood cancer women patients aging between 35- 65 years from Bharat Cancer Care Hospital, Mysuru. The researcher used exploratory and descriptive design for acquiring the information needed for the study. Exploratory design was used in order to achieve new insights about the fact of Psycho- social status of women. Descriptive was used portray the characteristics and to find out the variables associated with the problem, which could pave a way for finding the solution. The universe of the study is the blood cancer women patients undergoing Chemotherapy in Bharat Cancer Care

Hospital, Mysuru, who faces a number of Psycho-social problems in the community where they live and in family to which they belong too. So the finding of this study is applicable to all women who battle continuously against cancer.

Analysis of data

Figure No 1 indicating the age group of the women blood cancer patients

This pie chart presents that the majority of the patients who are undergoing chemotherapy are above 45 to 54 years category is leading with 48.33 percent and 25 percent of patients were below 45-54 of years while there were a slight difference that 26.67 percent of blood cancer patients had been above 55-65 years
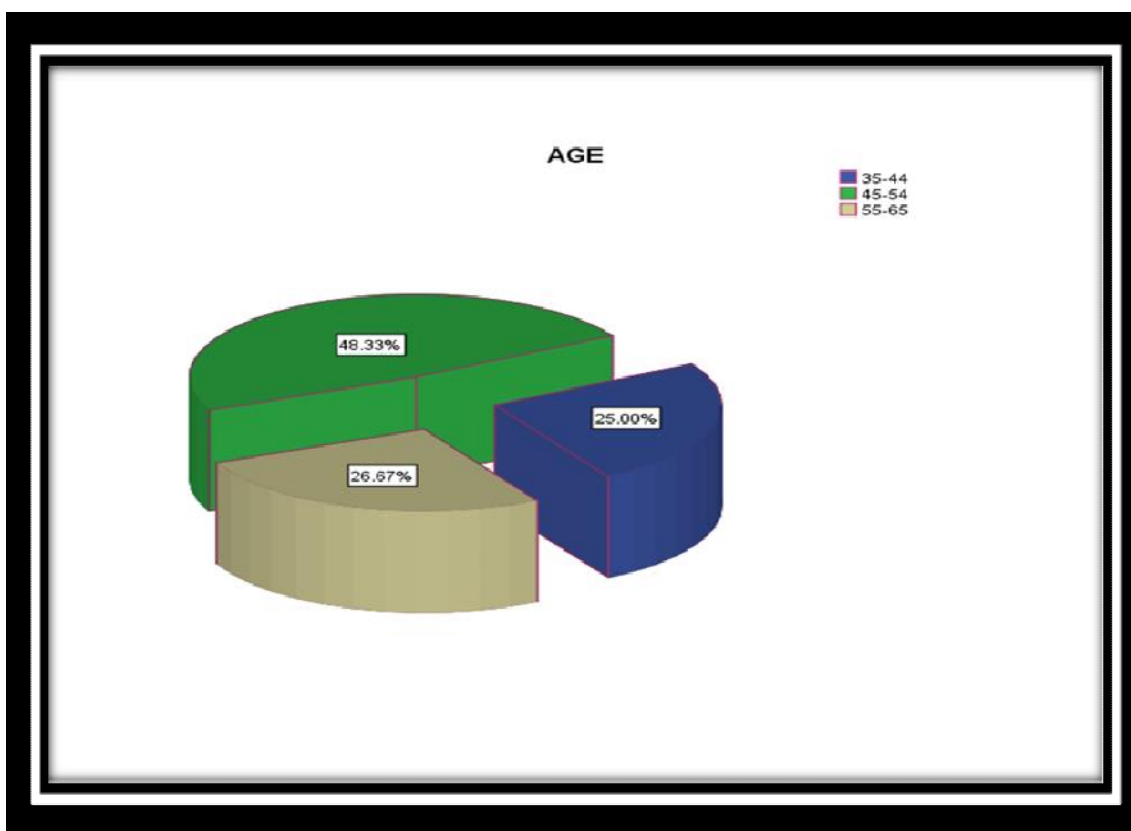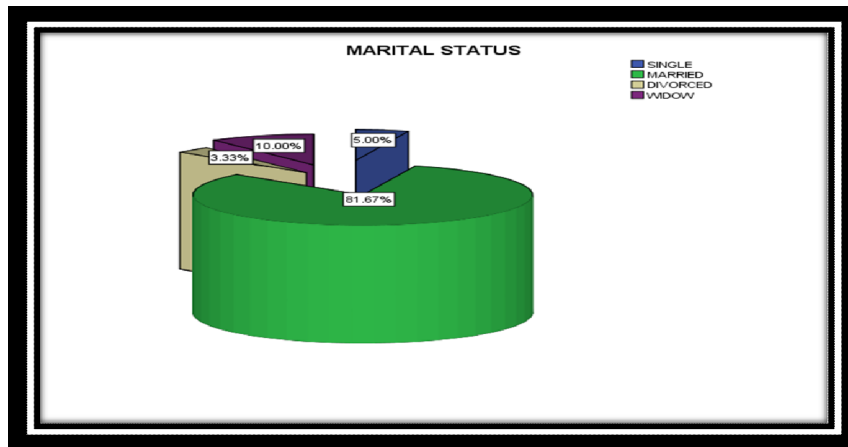
Figure No 2 indicating respondent's marital status women blood cancer patients

Indicating respondent's marital status

The chart clearly depicts that among 60 respondents a vast majority of 8.67 percent of the respondents were married and they were leading a comfortable life along with their family members. However the study reflects that just 3.33 percent of the cancer patients undergoing chemotherapy had divorce from their mate while 5 percent of respondents who did not want come in contact with leading a single life, when 10 percent of respondents found that they were having widow status.

Figure No 3 indicating the status of Anxiety of the women blood cancer patients
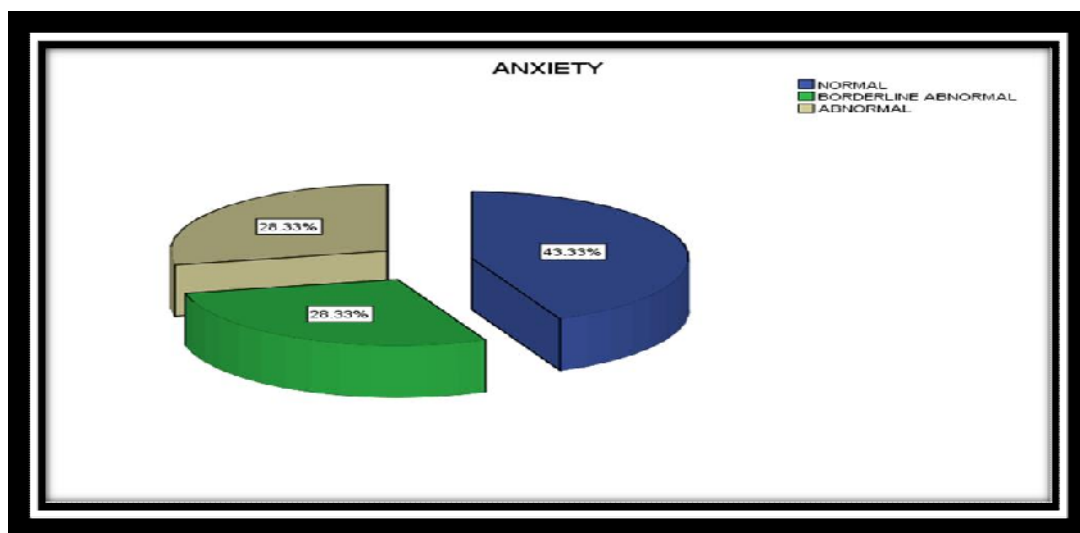
The chart shows that 43.33 percent who are undergoing chemotherapy were feeling normal and an easy approach to their illness. However the chart depicts that revealing 28.33 percent of the respondents were standing at the borderline of anxiety, when as equal percent 28.33 were considered as abnormal and were feeling uneasy and showing nerves to their family members and friends.

Table no 1 shows the relation between depression and Social Status

		Total Score of Depression	Total Score of Social Status
Total Score of Depression	Pearson Correlation	1	.827**
	Sig. (2-tailed)		.000
	N	60	60
Total Score of Social Status	Pearson Correlation	.827**	1
	Sig. (2-tailed)	.000	
	N	60	60

**. Correlation is significant at the 0.01 level (2-tailed).

Here the P value is 0.01 which states that there is positive relation between Level of Depression and Social Status variables. The result shows that the people who have high level of Depression also have high level of social problems. The difference in the level of Depression can positively or negatively influence the social status of the people who are suffering from blood cancer. Therefore both are interconnected and there is a strong relation between these two variables. The P value is 0.01which indicate that there is a significant correlation between Level of Depression and Social Status. Therefore increase or decrease in the level of Depression do significantly relate to increase or decrease in the Social Status.

When Pearson's r is close to 1, it means that there is a strong relationship between the two variables. It indicates that the changes in one variable are strongly correlated with changes in the second variable. In this case Pearson's r is 0.827. This number is very close to 1. For this reason, we can conclude that there is a strong relationship between Level of Depression and Social Status.

Table no 2 shows the relation between anxiety and Social Status

		Total Score of Anxiety	Total Score of Social Status
Total Score of Anxiety	Pearson Correlation	1	.385**
			.006
	Sig. (2-tailed)	60	60
	N		
Total Score of Social Status	Pearson Correlation	.385**	1
		.006	
	Sig. (2-tailed)	60	60
	N		

**. Correlation is significant at the 0.01 level (2-tailed).

When Pearson's r is close to 1, it means that there is a strong relationship between the two variables. It indicates that the changes in one variable are strongly correlated with changes in the second variable. In this case Pearson's r is 0.385. This number is close to 1. For this reason, we can conclude that there is a strong relationship between Level of Anxiety and Social Status variables. The result shows that increases or decreases in the level of anxiety do significantly relate to increases or decreases in the Social Status. The difference in the level anxiety can positively or negatively influence the Job satisfaction anxiety level. Therefore both are interconnected and there is a strong relation between these two variables. The P value is 0.01which indicate that there is a significant correlation between Level of anxiety and social life of the participants.

Discussion

A wide variety of coping strategies are used to deal with psycho- social issues such as social support, religion coping, distraction, depression, anxiety and other mental problems. Identifying the coping strategies that are being used by these participants, can help other patients understand the strategies that they can use to cope with their social issues as well as the anxiety and depression

they face while undergoing chemotherapy. Treating the psychological aspects (depression and anxiety) is an important as administering the drug. A person, who does not have complete mental well-being, may not respond to the treatment well. It is important for the family members to have mental well-being as they play a huge role in supporting the patient. Good medical care backed up by excellent coping strategies will ultimately help the patient in dealing with this illness.

Prevalence rates varied from major depression and depressive symptoms, a rate at least four times higher than in the general population according to one recent review. Very little, however, is known from prospective studies of the prevalence of psychosocial distress at the different points along the disease continuum or how levels of distress vary for any particular individual by phase of disease or treatment. Whether women with blood cancer have higher rates of psychosocial distress than others with cancer is also not known, although there is some evidence that distress is greater in cancers with poorer prognoses. The prevalence of psychosocial distress among women with cancer ranges from roughly 20 to 40 percent, with the variation likely accounted for by differences in study populations and differences in assessment tools leading to a probable mid-range estimate in the area of 30 percent. J.P Das (2001) in his study "Psychological Disorders Of cancer patients" explaining that awareness of learning disorders and its effective treatment is almost absent among the cancer patients as well as the general population in India. This is not surprising when ignorance about major mental disorders is widespread all over the country. In cancer patients both type of disorders occur frequently. Left undiagnosed and not treated, these reduce the capacity of the individuals to develop their full potential for work and achievement and there is a chance that they may undergo severe and acute depression which can lead to them to suicidal thinking. Not only the cancer victims but their families as well go through worries, anxieties and in many cases feel helpless. Further he tells that it is required to correct to the situations and promote awareness. Other studies reveal that economic issues independently predicted the psychological outcomes patient perceived stress, role restriction etc.

Specific concerns that women with blood cancer have at various points along the care continuum have been well documented, for example, shock and disbelief at diagnosis, anxiety and distress during treatment, fear of recurrence, intrusive thoughts about illness

following treatment, and existential concerns following recurrence. Factors that appear to predispose women for psychosocial distress include younger age, a history of pre-existing depression or psychological distress, other serious co morbid conditions, and inadequate social support. To make a stable and healthy mind the concerned government and other private sectors should provide facilities like, counselling centers, psychiatric hospitals and create awareness among women especially about its causes and effects of the treatment etc… for the well being of the cancer patients.

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Evaluating the Awareness of E-Governance and the Willingness to Adopt Government Online Service

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Abstract

E-governance is a new revolution in this era that changes the way of dealing with government. E-governance is considered as a new model of administration which is set to revolutionise the world of management. Basically it works in the government sector to extend different services to both public and private sector. The question arises: as to whether the citizens already have used the new services provided to them by e-governance websites through the internet? Therefore, the objective of this paper is to understand the awareness and demand fore-governance online services among the internet users of the population of Local government in India. However, the internet users have close links to internet the findings of this research brought out the fact that the general awareness of the availability of local government online services amongst internet users is low.

Keywords: *E-governance, e-services, Adoption, Awareness, online service.*

Introduction

This era is the age of knowledge, where information has become a key resource in life and becomes very important in all public and private applications. Lack of awareness of new technology and its benefits is an important criterion linked to the process of adoption and use by the citizens to realize the value of this technology. The technological tools have been created by the information community to access the information in easy way to make our life easier.

Information plays a key role in all applications like education, medical services, banking applications, agricultural, down to the small details concerning the citizen's life, which is the backbone of economic life.

Most of the e-governance initiatives in India were based on common service centres (CSC) where the services provided through counters in first-come-first-serve base, in that citizens have to visit these CSCs during the working hours (some centres 10 AM to 5 PM) in the working

days only, and somebody has to do the job, even if the citizens have the ability to use the computer and the internet. Table 1 shows the internet usage in Asia, it showed that India has more than 81 million internet users by September 2009, the users growth between 2000 and 2009 was 1,500 percent. India stood third in Asia with 11 percent of internet users after China and Japan [9].

Table 1Asia internet usage and population

Country	Population (2009 Est.)	Internet Users, (Year 2000)	Internet Users, (Year 2009)	Access to Internet (% Population)	User Growth (2000-2009)	Users (%) in Asia
China	1,338,612,968	22,500,000	360,000,000	26.9 %	1,500.0 %	48.8 %
India	1,156,897,766	5,000,000	81,000,000	7.0 %	1,520.0 %	11.0 %
Indonesia	240,271,522	2,000,000	30,000,000	12.5 %	1,150.0 %	4.1 %
Japan	127,078,679	47,080,000	95,979,000	75.5 %	103.9 %	13.0 %
Korea, South	48,508,972	19,040,000	37,475,800	77.3 %	96.8 %	5.3 %
Pakistan	174,578,558	133,900	18,500,000	10.6 %	13,716.3 %	2.5 %
TOTAL ASIA	3,808,070,503	114,304,000	738,257,230	19.4 %	545.9 %	100.0 %

With this large number of internet users we can ask two questions: Firstly, "does the local government in India provide its online service through internet and make it accessible, easy to use, secure and cheap for the internet users any time anywhere?" Secondly, "do the citizens (specially the internet users) aware and ready to adopt these services?"The government agencies would provide support and guide people in finding information they need, encouraging them to do this on-line rather than access the services of various departments face-to-face or over the phone. The objectives of this research are to measure internet users' awareness of online services or new initiatives of e-governance, where it is necessary to measure the perceptions and knowledge of citizens, and find out if the use of computer and the Internet increase the awareness. The other objective of this work is to understand the impact of human factors and use of the internet in willingness to use and adopt e-governance.

The Definition and Benefits of e- governance Services

E-governance is a way of making government smarter, improving the delivery system of services and giving citizens new tools to interact with

governments, therefore, citizens can expect better, cheaper, faster and more accessible services. The European Information Society has defined e-governance as *"e-governance is the use of information and communication technology in public administrations combined with organizational change and new skills in order to improve public services, democratic processes and strengthen the support to the public policies"*[5]

National e-governance Plan (NeGP) in India: The Government of India has formulated a national program – the National e-governance Plan (NeGP). This plan attempts to cover all the important areas relating to e-Governance including Policy, Infrastructure, Finances, Project Management, Government Process Re-engineering, Capacity Building, Training, Assessment and Awareness etc.., across the Central, State and local Governments. The national e-governance program is effectively being implemented in the e-governance in India. One of the components of this program is Awareness and communication where the success of e-governance plan highly depends on the Dubai government has created and raised the public awareness of eServices by several ways. It conducted several

awareness about the program[14]. Therefore the Government of India disseminates the information about the e-governance plans, for that we will try to measure the level of awareness and willingness to implement e-governance in local government in India.

This paper begins with a brief overview of the e-governance and NeGP in Section 1.Section 2 provides some related works that have been reported in this field. Section 3 provides a brief discussion of our research methodology. The findings and discussions are presented in Section 4. Finally, we conclude this research work in Section 5.

Related work
Some e-governance initiatives aim to build services focused on citizens' needs [10, 3, 15]. However, e-governance is more than the governments are providing its services to the citizens using the latest information communication technology (ICT). It involves new forms of delivering and tailoring information and services, linking communities and businesses locally and globally and streamlining us towards digital democracy [4, 16, 8].

community outreach activities to raise the awareness and adoption of eServices such as road shows, competitions, promotions,

online marketing, marketing with government departments, market awareness surveys and rewarding the users of eServices[13]. Creating awareness about government e-services was not enough; the next task was to improve the computer literacy rates. Dubai e-governance's community outreach program called e4all initiative comprised of several awareness initiatives including e-Citizen, e-Employee, e-Learn, and e-Manager[17].E-Citizen was established by Dubai government in association with seven local training centres to provide 16 hours of classroom training to citizens and residents of Dubai. Citizens receive training on basic computer and Internet skills along with training on both individual and business oriented

government services provided by various government departments. Upon successful completion of training, citizens receive an eCitizen certificate from Dubai e-governance. Today, most of the studies and research published in the developed countries may not be directly applicable to the developing countries[2]. Thus, it is very important to conduct studies on e-governance in a way that will be suitable to fit the environment, features and culture of India which distinguishes it from other countries. Therefore, bearing the above reasons in mind the aim of this research was to survey the state of awareness and adoption of introducing e-governance initiatives in India, as India is one of the countries that try to execute the project of e-governance.

Methodolog

We selected Mysore city as our study area to collect the required data. A questionnaire was designed to measure the perception and awareness among the citizens residing in and around Mysore. The questionnaire was divided into few parts such as respondents' profile, their experience in using computer and internet, the extent of awareness of e-governance services, and their perception

regarding the online services and these were done by using close-ended multiple-choice questions in the questionnaire in order to obtain a high response rate. This was intended that the respondents preferred to answer close-ended question within the non- interactive, self-administered questionnaires [6].

Prior to distribution of the final questionnaire, a pilot study was conducted in order to: determine the response rate and to understand any discrepancies in the questions, which was intended to determine whether the format of the questionnaire and questions were appropriate. Minor changes based upon the responses were incorporated to the final design of the questionnaire and a final questionnaire was developed. Responses received from the pilot study were also included in the final analysis [6].The random sampling method was adopted to collect the samples from shopping malls, restaurants, railway station, institutions, and residents during August and September 2009. Two hundred fifty five completed questionnaires were used for the purpose of the data analysis. The collected data were analyzed by using SPSS version 16.0.

Findings and Discussions

4.1. Demography Data analysis

Table 2*Profile of survey participants*

Factors	Variables	Frequency	Percent *
Gender	Male	146	57
	Female	109	43
Age	18-24 Years	105	41
	25-30 Years	53	21
	31-40 Years	33	13
	41-50 Years	30	12
	Older than 50 Years	33	13
Marital Status	Not Married	101	40
	Married	152	59
Education Level	Some college but not graduate	49	18
	Graduate	108	42
	Post Graduate	102	40
Occupation	Employee	118	46
	Unemployed	25	10
	Student	106	41.5
	Retiree	5	2
Income	<2000	34	13.3
	2001-5000	24	9.4
	5001-10000	28	11.0
	10001-20000	43	16.9
	20001-30000	35	13.7
	>30000	57	22.4
	No response	34	13.3

4.1. Awareness of E-governance

The study shows that 24 percent of the respondents are not only aware but also use at least one of the facilities offered by e-governance. Table 3 shows that Thirty nine percent of the respondents are aware and do not use any e-governance services, thirty seven percent of the

respondents are not aware.

Table 3Awareness of E-governance

Are you aware of E-governance?	Freq.	Percent *
Yes I use it	61	24
Yes I don't use it	100	39
Not aware	94	37
Total	255	100

Source: Field Survey September 2009

* All Percentage calculated for 255 responses

Table 4 shows that the awareness among males is more than females (68.5 percent and 56 percent, respectively). Only 29.5 percent of males use e-governance compared to 16.5 percent of females. Thirty nine percent of males' respondents are aware but do not use any e-governance services compared to females with 39.4 percent.
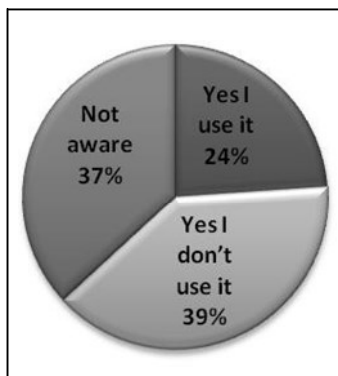

Fig (1) Awareness of E-governance
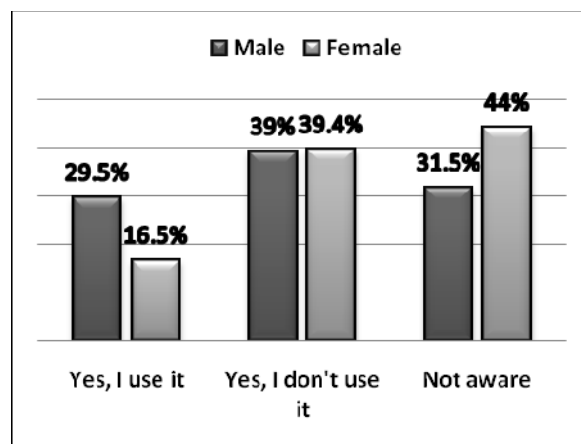
Table 4 Awareness of e-governance by Gender

Gender	Yes, I use it		Yes, I don't use it		Not aware		Total	
	Freq	Percent	Freq	Percent	Freq	Percent	Freq	Percent*
Male	43	29.5	57	39	46	31.5	146	57.3
Female	18	16.5	43	39.4	48	44	109	42.7
Total	61	23.9	100	39.2	94	36.9	255	100

Source: Field Survey September 2009

*All Percentage calculated for 255 responses

There is a lack of awareness and usage of e-governance among females, may be due to the female like the risk-free work rather than working in the internet where the risk is high for financial transactions due to low security. Forty four percent of females are not aware compared

to 31.5 percent of males.

Fig(2) Awareness of e-governance by Gender

From the results presented in Table 5, the awareness among the age group of 41-50 years is the highest (76 percent), followed by 63 percent for those who are more than 50 years.

Table 5 Age groups and awareness of e-governance

Age group	Yes, I use it		Yes, I don't use it		Not aware		Total	
	Freq	Percent	Freq	Percent	Freq	Percent	Freq	Percent*
18-24	12	11.5	40	38.5	52	50	104	40.8
25-30	19	35.8	19	35.8	15	28.3	53	20
31-40	12	35.3	11	32.4	11	32.4	34	13.3
41-50	7	23.3	16	53.3	7	23.3	30	11.8
>50	11	18	13	39.4	9	27.3	33	12.9
Total	61	23.9	100	39.2	94	36.9	255	100.0

Source: Field Survey September 2009

* All Percentage calculated for 255 responses

The awareness is less (50 percent) among young people between the age group of 18-24 years and 62 percent inage group of 25-30 years followed by 66 for the age group of 31-40 years. This means that the government should take efforts to make the youth full aware of e-governance by introducing mandatory subject of using ICT and e-governance in their field of study.

With regard to the source of awareness, 63 percent of the respondents who are aware of e-governance said that the sources of their awareness are 44 percent newspapers, 33 percent television or radio, 10 percent department pay counter, 8 percent neighbours, 18 percent colleagues at office or training program, and 7 percent others like internet. Also it should be important to guide and educate citizens how to use e-governance through holding of seminars and the use of television to make the citizen aware, not only through announcements about the services available, but how to use them on the best possible way and also through the publication

of awareness-raising brochures and conducting courses to explain how the use of e-governance can achieve the desired goals.

Overall Importance rating of e-governance online services

In terms of visiting the e-governance websites before the result in Figure 3shows that 104 out of (161 who are aware of e-governance) have visited but may be they did not get what they want, these amounts to 41 percent. Other 59 percent of respondents say that they have not visited before.

Fig (3) Accessing the government websites

Figure 4 shows four reasons for non-use of e-governance websites. First reason, the information are out-dated and no accuracy in this information, 60percent of respondents said that. Second reason, the poor connectivity and infrastructure represented by40 percent. Third reason the difficulties of using the government websites and their boring nature 33 percent. Finally, 30 percent said no security or privacy through internet.
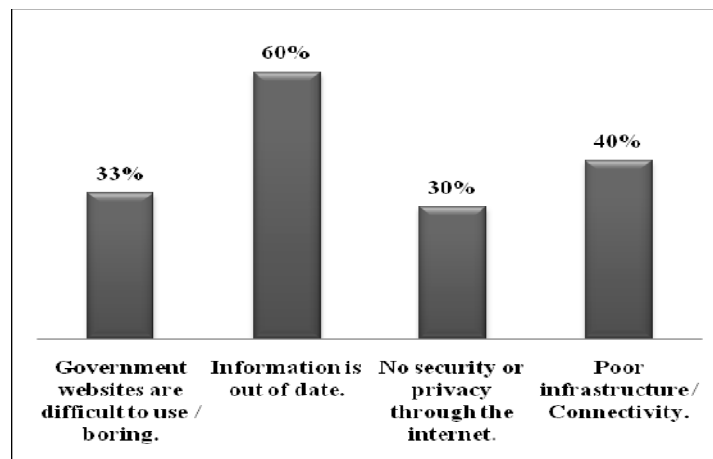
Fig (4) the reasons for non use of e-governance websites

More than half of the respondents like to use internet to deal with public sector if the government's websites are easy to use, up-to date with good connectivity and fast responses. But one quarter of the respondents likes to deal face to face with the public sector. This amounts to 61 respondents or 24 percent. Around 43 respondents used telephone as their means of dealing with the public sector accounting to 17 percent. One person did not mention his way of dealing with public sector.

The willingness to use and adopt e-governance online services

As to the question if the e-governance will help citizens save time and money, 219 of the respondents believe yes it will help them. Some 11 percent of respondents said they are not sure and 21 of respondents or 8 percent said it will not help them. Those who say it will help them which account to 86percent while those who are not sure are represented with 4 percent of the respondents.

The researchers built one important question to capture the overall perception of the respondents and if e-governance is important for them. The question is: "if the government introduces a good website that contains information and links to the local council and all government departments all in one place, how likely would he/she to use the government website as starting point to deal with government? We found that the most of the respondents (89 percent) said it was important in different levels of importance. Around 119 respondents (47 percent) said that they are very likely to use. Around 107 respondents (42 percent) said that they will fairly use the website. Only 12 respondents (4.7 percent) said that it is not important for them to deal with government through websites. Fifteen respondents did not even respond to this question. This whole scenario is reflected in the Figure 5.
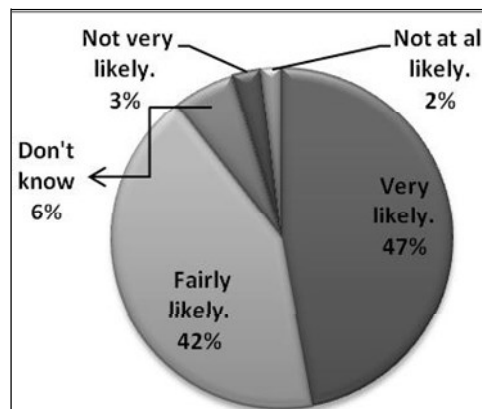

Fig (5) Willingness to use E-governance

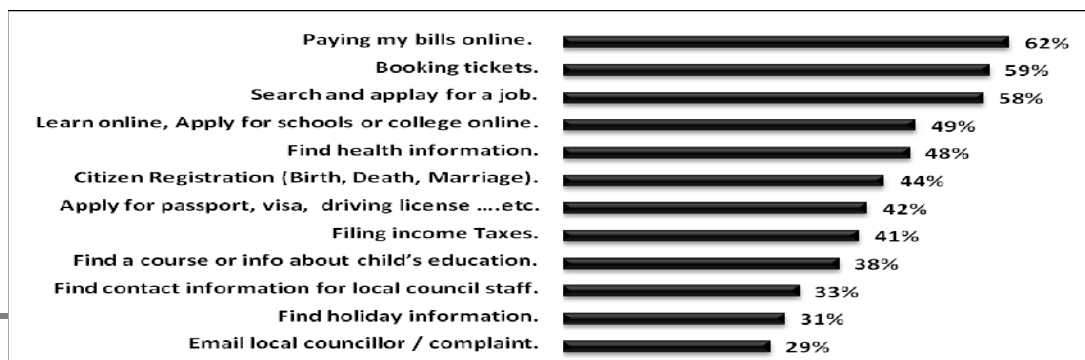*Online Services Residents Most Likely to Use*

The research findings showed that people access the internet usually in order to look form on government information 35 percent, send e- mail or chat 65 percent, to look for government information 35percentandgeneralresearchinareasofpersonalinterest like learning 62 percent, Finally to shop online 18 percent .But in case of government wants to make the services accessible online, which one will be most likely to be used by citizens?

The answer in Figure6, residents are most likely to use the internet to search for information and transaction based exercises. Also residents said they are most likely to conduct online transactions including: paying the bills online (most preferred),followed by booking tickets (61percent and59 percent respectively),searching for a job online and applying to schools or colleges(58 percent and49 percent respectively).Around half would also use the internet to find health information(48 percent),Citizen Registration (Birth, Death, Marriage, name change) and finding contact details for local council staff(44 percent and 35 percent respectively).

While the least required to use are agricultural information, information about starting own business and check out planning permission. Conversely,3 percent of residents said they would not use the internet for any of the services listed in Figure 6.

The citizen is the key element in making any technological tool successful. So, the citizen plays a major role to make any technology tool useful or not through fully utilizing this technology. Since e-governance is one of the most important information technology tools available in our day to day life, it is essential that the citizen should possess a full knowledge about it. Any technological tool will be useful only when it is known how to use it, in terms of goals achieved and how they are utilized. To make the citizen aware of e-governance applications and how to use and get the maximum benefit provided by these applications, the following points are very important.

1. The familiarity with technology used with the e-governance, like computer and internet.
2. Development of skills required to deal with e-governance.
3. Understanding and full awareness of how and when to use e-governance in solving the problem

Paying my bills online.	62%
Booking tickets.	59%
Search and applay for a job.	58%
Learn online, Apply for schools or college online.	49%
Find health information.	48%
Citizen Registration (Birth, Death, Marriage).	44%
Apply for passport, visa, driving license ....etc.	42%
Filing income Taxes.	41%
Find a course or info about child's education.	38%
Find contact information for local council staff.	33%
Find holiday information.	31%
Email local councillor / complaint.	29%

or create a chance.Read the instructions of the applications of e-governance provided by the government.

Fig(6) Online Services which Residents Most Likely to Use

Opportunities for engaging with e-governance

Some of the citizen could see the benefits of being able to access e-governance services. In a small number of cases citizens are already looking at the ways of actively promoting and increasing the usage of such services. The government agencies would provide support and guide people in finding information they need, encouraging them to do this on-line rather than having to access the services of various departments face-to-face or over the phone.

We suggest that awareness amongst internet services on-line, e.g. it is quicker than contacting each service in person or by phone, or they might be able to access help with accessing these services in a less daunting environment. However, most citizens thought that users would still want a choice of ways to interact with public services, e.g. telephone and in person, and not just be limited to internet interaction.

The majority agreed that even if awareness was raised and training was provided there would be still a need for support to help people to navigate their way though information and use websites effectively, particularly where there are forms to filled in. We suggest to have advice sessions on

users need to be raised and that e-governance could be promoted through posters in different places, TV campaigns and newspapers etc. However, the promotional tools need to be clear about what type of services might be available. We also suggest that the available services need to be very relevant to large groups of users if we are trying to encourage use of e-governance services, e.g. how to find information on childcare or registering your child at school. There also needs tobea reasonfor users to access

particular days where there would be a member of staff to sign post users in finding and using e-governance sites. This could be done on a generic basis or by theme in some centres that access e-governance services and training could be a practical link with these types of advice.

Conclusions

This research study offers essential contribution to different stakeholders including the government agencies who would require adopting e-Governance to improve the relationship with its citizens. From the results of this research the government agencies could better understand in a simpler and detailed manner, the problems of low

adoption. This could allow the formulation of a strategy that promotes awareness and diffusion. From the results of our study, it is clear that there is a demand to use the government services online. We identified a number of other key problems faced by citizens with regard to e-governance adoption and use. These can be grouped into two categories: technology related and awareness related. In terms of technology, the most important concern was a fear of technology. Citizens frequently encountered operational problems with their ICT, especially when they deal with financial issues like money transactions. So, they depend on others to do the job to avoid the risk. This dependency on consultants and professionals was often cited as a major problem. Turning to awareness issues, our study suggested that most of the citizens (internet users) not aware of the e-governance services and also sometimes they raised and that the e-governance could be promoted through posters in different places, TV campaigns and newspapers etc. However,

get these services somehow through counters, but without knowing that they may be available online and they can do it themselves. Here the government can play a major role to disseminate the information about such services and how it can be used. In summary, the study findings suggest that government need to think more strategically in relation to the use of ICT among the citizens to achieve the best results in an attempt to eliminate the aspects of digital divide. Agencies should increase the capabilities of their delivery mechanisms to address the ICT capability and information gaps identified in this age. To encourage the citizen to adopt and use the government services online, government should increase the level of awareness and usage of ICT among citizens. It also suggests that the awareness amongst internet users need to be

the promotional tools need to be clear about what type of services might be available.

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Effects of Quitting Social Media

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Abstract

Social media has a repute of having bad effects the society. This research discovers the impact of quitting social media and explores if quitting social media is actually beneficial to the individual. A group of 15 people all between the ages of 18 to 30 were asked to quit social media for a period of 10 days. Post, which, they responded to a questionnaire. All the respondents agreed that social media is beneficial to the youth and that it affects the lifestyle of the person. Many of the respondents believed that social media influences them. However, the respondents faced many problems during the hiatus such as losing contact with their loved ones, no entertainment, having difficulty passing time and being updated about what is going on around and so on.

Keywords :Social media, quitting, youth

Introduction

Social media is the collective of online communications channels dedicated to community- based input, interaction, content-sharing and collaboration. Websites and applications dedicated to forums, microblogging, social networking , social bookmarking, social curation, and wikis are among the different types of social media. Social media are computer-mediated tools that allow people or companies to create, share, or exchange information, career interests, ideas, and pictures/videos in virtual communities and networks.

The term 'Social Media' refers to the wide range of Internet-based and mobile services that allow users to participate in online exchanges, contribute to user-created content, or join online communities. Social media is a phenomenon that has transformed the interaction and communication of individuals throughout the world. The idea of quitting social media has been controversial due to both the advantages and disadvantages of using social media. The most important advantages being- Social media is a good tool to publicize your work, constant flow of information from updates and real time communication, provide added context and value to knowledge; social networking sites are a window to different culture and places. The most important disadvantages being - Decreases face-to-face

communication skills, reduces family closeness, causes distractions, creates a skewed self-image. Social media today consists of thousands of social media platforms, all serving the same – but slightly different purpose. Of course, some social media platforms are more popular than others, but even the smaller ones get used by a portion of the population because each one caters to a very different type of person.

Objectives:

Social media has had both positive and negative effects on the society. There have been no definitive researches on the effects of quitting social media. In addition, no such studies to see if the positive effects outweigh the negative ones or vice versa. There have been many arguments if one should quit social media or not. The findings of this study will leadthe society to consider quitting social media. Thus, for youth aged between 18 and 29, who are the most users of social media, the results derived from this study will be a guide. The study will uncover the truth behind quitting social media benefiting in the individuals personal growth.

The main aim of the study is to determine the possible outcome of quitting social media. The study focuses on finding out if the quitting would actually be beneficial to people. Moreover, to find out the behavioral changes in the participants if any.

Statement of the problem:

The idea of quitting social media has been controversial because of both the advantages and disadvantages of social media. The most important advantages being- Social media is a good tool to publicize your work, constant flow of information from updates and real time communication, provide added context and value to knowledge, social networking sites are a window to different culture and places. The most important disadvantages - Decreases face to face communication skills, reduces family closeness, causes distractions, creates a skewed self- image.

Many people think that quitting social media has no significant benefits. They have failed to notice, however that social media has got a grip into our lives and is constantly harming their personality much more than he/she has anticipated. Social media addiction is on a rise and it is a much bigger problem than most people think. People have no idea how much actual time they spend on social media. There have been many scientific researches that have found that quitting Facebook, the most used social media platform can have positive effects on happiness, concentration and productivity.

Significance of the study:

Social media has had both positive and negative effects on the society. There have been no definitive researches on the effects of quitting social media. In addition, no such studies to see if the positive effects outweigh the negative ones or vice versa. There have been many arguments if one should quit social media or not. The findings of this study will lead to the society considering whether or not to quit social media. Thus, for youth aged between 18 and 29, who are the most users of social media, the results derived from this study will be a guide. The study will uncover the truth behind quitting social media benefiting in the individuals personal growth.

Purpose of the study:

The main aim of the study is to determine the possible outcome of quitting social media. The study focuses on finding out if the quitting would actually be beneficial to the youth. And to find out the behavioral changes in the participants if any.

Case studies:

How 30 days without Social Media changed my life STEVE CORONA, CTO OF TWITPIC

The goal of giving up social media was to create more value in life, quit hoarding information, and appreciate the time spent with friends. So, full disclosure- briefly used were Facebook and Twitter 5 times during the hiatus to pimp blog posts, and it was okay, because it was for the sole purpose of sharing value. The decision was to give up social media for a month. Twitter, Facebook, Reddit and Hacker News were all on the blacklist. The benefits were immediately apparent. With a mind free to wander and explore, I started to create things, to make moves, rather than suck down a never ending stream of information. Not knowing what your friends are doing every second is liberating. It's amazing how much you have to talk about when you don't have a constant plug into their life. I built stronger friendships and forged a couple of new ones, including a relationship.

Ways Quitting Social Media Can Transform Your Life ALDEN TAN, BLOGGER, PICK THE BRAIN

A couple of months ago, the blogger made the decision to quit Facebook. Effectively right after, he stopped logging in completely. This actually surprised some of my friends. To sum up why he did it, he felt that Facebook was turning him into a depressed robot. Robot because he felt trapped in a cycle. A system if you will. He hated how he would log in just to

check for "a bit" of updates, only to continuously surf his feed for more and more mundane updates to get a feel of being entertained, when he wasn't really. Since he quit, he has never looked back. You'd be amazed how much your life can change if you go on a social media fast. No, it's not just about freeing up time and improving productivity. Quitting social media can go to the core of your emotions. It can transform your life. This is not just about distraction. This is about appreciation. This is about remembering what lights your fire and touches you deeply. This is how you appreciate the finer things and go back to being yourself.

Methodology:

The survey method which is adopted here is the questionnaire as it can be easily communicated to people. There were 23 questions prepared, 21 of them were closed-ended questions so that the respondents can easily just select the correct answer. These questions included questions on demographic profile as well. There were 2 open-ended questions in the questionnaire.

The questionnaire was prepared and was distributed among the participants.

Before conducting the survey, a group of 15 people all between the ages of 18 to 30 were asked to quit social media for a period of 10 days. Post, which, they would fill up a questionnaire. Therefore, the sample size of my questionnaire is 15. The samples were chosen randomly.

Are you addicted to any of the Social Media platforms?

Yes	07	46.66%
No	08	53.33%
Total	15	100%

Do you think Social Media influences you in any way?

Yes	12	79.99%
No	03	19.99%
Total	15	100%

Did you feel any difficulty spending the time off of Social Media for the said 10 days?

Yes	12	79.99%
No	03	19.99%
Total	15	100%

At any point during the social media hiatus, did you feel that social media had gained control of your life?

Yes	09	59.99%
No	06	39.99%
Total	15	100%

Post the social media hiatus; did you feel a sense of fulfillment?

Yes	06	39.99%
No	09	59.99%
Total	15	100%

Did you feel you had more time at hand when you had quit social media?

Yes	13	86.66%
No	02	13.33%
Total	15	100%

Did you feel that you had increased productivity during the social media hiatus?

Yes	08	53.33%
No	07	46.66%
Total	15	100%

According to you, was a break from Social Media a good one?

Yes	07	46.66%
No	08	53.33%
Total	15	100%

Conclusion

This research has enabled in understanding the Impact of Social Media on youth and in understanding the Effects of quitting Social Media.The respondents admitted that they used Social Media apps for a duration ranging from 1 hour to 3+ hours, and with the absence of Social media; they had more free time at hand. Due to not having to spend time of Social media, they had increased productivity. Most of the respondents admitted that social media had gained control of their lives. The respondents during this hiatus had taken up to calling friends and relatives rather than just messaging. Most of them admitted to taking up a hobby during this time and spending more time with family.

All the respondents agreed that social media is beneficial to the youth and that it affects the lifestyle of the person. Many of the respondents believed that social media influences them.

However, the respondents faced many problems during the hiatus, losing contact with their loved ones, no entertainment, having difficulty passing time and being updated about whatis going on around. Regardless of the benefits of quitting social media, the participants had felt no sense of fulfillment after quitting. It had made no difference to them. In addition, contrary tothe popular belief most of them did not feel stressed during the hiatus. Most importantly, a majority of the participants felt that the break from Social Media was in fact not a good one. Overall, the study says that quitting social media clearly has more negative effects than positive effects.

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